COUNCIL OF CATHOLIC SCHOOL PARENTS NSW

LEADERSHIP | ADVOCACY | SUPPORT

Starting School

Supporting your child's transition to Kindergarten in a Catholic school



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A Prayer for a New School Journey

Today we stand at the beginning of a wonderful new chapter.

As school begins, our hearts are filled with excitement, curiosity, and a little bit of wonder. Thank You for the magic of new friendships, new discoveries, new teachers and new adventures that await.

Help us to see Your presence in every part of this journey. When we walk through new classroom doors, remind us that You walk beside us. When we learn something new, help us to recognise the gifts and talents You have placed within us. When we feel brave, joyful, nervous, or unsure, help us to remember that Your love is always with us.

Bless every child beginning school. Fill their days with laughter, kindness, confidence, and a love of learning. May they know that they are wonderfully made, deeply loved, and never alone.

Bless parents, families and caregivers as they guide their children through this special time. Give them peace as they let little hands grow a little bigger and take new steps into the world.

May this new chapter be filled with wonder and discovery, growth and friendship, joy and hope. And through every lesson, every challenge, and every success, may we trust that You are walking with us, leading us forward with love.

Amen

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Key takeaways

Relationships matter

Strong relationships with family, educators and teachers help children feel safe, connected and ready to learn.



Everyday moments matter

Reading, talking, playing and exploring together grow the skills, curiosity and confidence children need for school.



You are powerful in your child's life

Your encouragement, belief and partnership with educators and teachers helps your child thrive through change and new beginnings.



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Setting Up Your Child to Thrive

Starting school is an important milestone for children and families.

In Catholic schools, we believe every child is created in the image of God, with unique gifts, strengths and potential.

The transition to Kindergarten is a shared journey. Families, early learning settings and schools each play an important role in helping children feel known, welcomed and connected. Together, we can build the strong relationships that support a confident and successful start to school.



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Five key messages for parents



1 Your child already belongs

Before children learn routines, make friends or master new skills, they need to know they belong.

Practical tips:

- Share your child's interests, strengths and personality with their teacher.
- Help your child see themselves as a valued member of their new school community.

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2 Relationships matter most

Research consistently shows that positive relationships support successful transitions to school. Strong partnerships between families and schools help children develop confidence and a sense of belonging.

Practical tips:

- Introduce yourself to your child's teacher.
- Attend school events where possible. Reach out if you have any questions or concerns!



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3 Transition is a journey, not an event

A successful transition begins before the first day and continues throughout the first year of school. Children and families settle in at different rates.



Practical tips:

- Celebrate small steps.
- Be patient with changes in behaviour, emotions or energy levels.
- Remember that adjustment takes time.

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4 Focus on wellbeing and connection

Children learn best when they feel safe, settled and connected.

Practical tips:

- Keep family routines predictable where possible.
- Create time for conversation and play after school.

Ask questions such as:

- What made you smile today?
- What was something new you discovered?
- Who did you spend time with today?



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5 We are partners



Catholic education recognises parents as the first educators of their children.

Practical tips:

- Share important information with the school.
- Stay connected with classroom and school communications.
- Work together with teachers to support your child's wellbeing and learning.

Small acts of kindness make a big difference!

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Encouraging empathy, respect and caring for others helps children build friendships and become positive contributors to a compassionate school community.

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Embrace the magic of everyday moments

Reading, talking, playing and exploring together each day helps build the literacy and numeracy skills children need for a confident start to school

- Read books together every day and talk about the story, pictures and characters.
- Chat throughout the day during meals, walks and routines to build language and vocabulary.
- Count and compare everyday items such as toys, fruit, steps or plates at the table.
- Include your child in cooking and shopping by measuring, sorting, matching and following simple lists.
- Sing songs, share rhymes and play word games to build listening skills and an awareness of sounds in words.

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Continue the Journey

Explore these resources to support your child's transition to school.

Council of Catholic School Parents

https://www.ccsp.catholic.edu.au/transition-to-school

Catholic Schools NSW Foundations for Learning

https://www.ccsp.catholic.edu.au/celebrating-2nd-effectively-year-fundraise-teaching-project/transition-school

We're here to walk with your family.



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